

the buzz

February 2019

BE A QUITTER!



It's hard to quit smoking. It's not only a bad habit to break, it's a serious and complicated addiction. If you're ready to quit, here are a few resources to help.

Help from Anthem:

Through the City's medical plan offered by Anthem Blue Cross Blue Shield, **employees can obtain a 180-day supply of pharmaceuticals and/or nicotine products at no cost.** These will help control withdrawal symptoms so you can focus on making lifestyle changes to permanently quit the smoking habit. Products include:

- Zyban (brand and generic)
- Chantix
- Nicotine products: Prescription (Rx) and over-the-counter (OTC) nicotine patches, gum and lozenges

To get certain prescriptions and nicotine replacement products covered at no cost to you, follow the steps below:

1. **Ask your doctor** if one or more covered prescription drugs and/or OTC products listed above would be good for you.
2. **Get a prescription** for each one. Yes, even OTC products to help quit smoking will need a prescription in order to be covered at no cost to you.
3. **Go to a pharmacy** in your health plan's network to fill your prescription.
4. **Show the pharmacist proof that you're at least 18 years of age.** If you're under 18, you may need to speak with your doctor or other health care professional to get your OTC product, because by law, they can only be sold to people who are over 18.

Smokefree.gov: If you are thinking about quitting, ready to quit or recently quit, Smokefree.gov is a web site with free resources. On this site you will find support, tips, tools and expert advice to help you or someone you love quit smoking. Some of the free resources include:

Creating a quit plan: Quitting is tough, but being prepared boosts your chances of success. This resource will guide you to create your own quit plan.

Building your skill set: You can sign up for free text programs that will prepare you to quit. These programs will help you gain the confidence and skills needed to quit smoking for good.

Articles and information: Articles like "How to Manage Cravings and "Tips for Slips" will provide education and support for your quitting journey.

Getting extra help: Looking for more information or assistance? Connect to a trained quit smoking counselor via online chat or telephone quitline.

SUPPORT YOUR QUITTER

Someone who feels supported in quitting smoking is more likely to quit for good. Family, friends and significant others play a big role in helping a person become smoke-free. Here are some tips to help support the person in your life who is quitting smoking.

- **Listen to what they have to say.** Quitting smoking is about them. Resist the urge to insert your own comments.
- **Do not lecture, nag or scold.** It will not help, and they may not come to you for help when they really need it.
- **Be patient and positive.** Quitting is hard and the person who is quitting may experience withdrawal symptoms that make them moody and irritable. Avoid taking their moods personally. Practice patience when they are irritable. Continue to be positive and understanding until these withdrawal symptoms go away.
- **Help decrease stress.** The person quitting smoking may experience much stress. Help them destress with activities like deep breathing, exercising or getting a massage.

City of St. Louis Bee-Fit Wellness Fair is coming soon!

PREVENTION-The Key to Wellness is the theme and goal for the City of St. Louis Bee-Fit Wellness Fair. More information and registration will be coming soon via Community!



December Wellness
Trivia Winner
Amanda Jefferson

February Happenings

15 Minute Movement Challenge

Who has time for exercise? You do! This challenge will teach you how to incorporate a total body workout in just 15 minutes. Program will include:

- 15-minute exercise routine with workout instructions
- Workshops to review exercise routine (*workshop attendance not mandatory for program*)
- Tracking log

What can exercising for 15 minutes do for you? It can not only whip your body into shape-it can decrease stress, increase concentration and improve your mood.

Registration: February 1-11

Exercise tracking: February 11-March 17

Exercise tracking submission deadline: March 22

Prize: All who turn in a log and exercise at least three days per week for the program duration will be entered into a raffle for a chance to win one of two \$50 gift cards.

Sign up by contacting Bee-Fit Wellness Coordinator Cathy Hargrove at hargrovec@stlouis-mo.gov or 314-622-4849. Upon registration, you will receive the workout plan and tracking log.

Workshops to review exercise plan:

Feb. 4	City of St. Louis Employee Fitness Center @ Carnahan	1114 Market St., Fitness Center, Rm. 770, St. Louis, MO 63101	12-12:45 p.m.
Feb. 5	1520 Market	1520 Market St., 2nd floor Bee-Fit Rm., St. Louis, MO 63101	11:45-12:30 p.m.
Feb. 6	Carnahan Building	1114 Market St., Rm. 921, St. Louis, MO 63101	12-12:45 p.m.

If you would like to host a workshop at your worksite, please contact Bee-Fit Wellness Coordinator Cathy Hargrove.



February is American Heart Month

Heart disease remains the leading cause of death for men and women in the United States. You can prevent heart disease by making healthy choices. Controlling sodium intake is one way to decrease heart risk. Here are a few tips:

- **Read the food label** for sodium content. Try not to eat foods that have more than 20% daily value DV per serving. Five percent DV or less of sodium per serving is considered low, and 20% DV or more is considered high.
- **Buy fresh vegetables and fruit.** If you cannot buy fresh, buy frozen.
- **Add spices in place of salt** to your food. Try filling your salt shaker with the following:
 - 2 tbsp black pepper
 - 1 tbsp cayenne pepper
 - 1 tbsp paprika
 - 1 tbsp onion powder
 - 1 tbsp garlic powder
 - 1 bay leaf, ground



Provided by:
Department of Personnel and BJC HealthCare
for the Bee-Fit Wellness Program

For more information:
Contact Cathy Hargrove at 314-622-4849 or
hargrovec@stlouis-mo.gov

Look for us on:



BJC HealthCare